

SENIOR SERVICES EVENTS & ACTIVITIES

OCTOBER 2009

SENIOR SERVICES 292-8262 TRANSPORTATION PROGRAM 292-8261 NUTRITION PROGRAM 292-8279

monday

tuesday

wednesday

thursday

friday

UPCOMING EVENTS:

BUILDING RENOVATIONS ~ DATE TO BE ANNOUNCED		11/10 ~ COMMUNITY CONVERSATIONS W/ CATHY CABRAL TOWN TREASURER		FREE BLOOD PRESSURE/BLOOD SUGAR SCREENING 10:00 - 12:30		SHOPPING @9:00AM KOHLS/ HOME DEPOT/ENFIELD SQUARE			
ANNUAL THANKSGIVING DINNER				WALKING PROGRAM 9:30					
SOCIAL~ AWAITING DATE TO BE DETERMINED BY CRT		11/17 ~ NEW CLIENT ORIENTATION 10:30 - 11:30		CAFÉ LUNCH ~ NOON		CAFÉ LUNCH ~ NOON			
				SENIOR CLUB 1:00 - 3:00		Wii FIT 1:00 - 2:00			
5		6		7		8		9	
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00		MORNING MOVIE - BACKDRAFT 9:30 - 11:45		SHOPPING @ GEISSLERS'S 9:00		FOOT CARE 8:00 - 12:00		SHOPPING @ BUCKLAND HILLS & JO-ANNE FABRICS @9:00AM	
A.C.T.I.V.E. CLASS 10:30 - 11:15		CAFÉ LUNCH ~ NOON		INTERGENERATION PROGRAM 9:30		CAFÉ LUNCH ~ NOON			
CAFÉ LUNCH ~ NOON		COMMUNITY CONVERSATIONS ~ WITH THE BROAD BROOK		NATIONAL WALK TO SCHOOL DAY A.C.T.I.V.E. CLASS 10:30 - 11:15		FOOT CARE 12:30 - 2:00		Wii LEAGUE BOWLING 10:00 - 12:00	
WALKING PROGRAM 12:30		FIRE DEPARTMENT CHIEF & TOUR OF FIRE HOUSE 12:30 - 2:00		CAFÉ LUNCH ~ NOON				CAFÉ LUNCH ~ NOON	
OPEN COMPUTER TIME 12:30 - 2:30				CHAIR YOGA 1:00 - 2:00				SCRABBLE CLUB 1:00 - 2:00	
		WHSP LIBRARY 1:00 - 2:00							
12		13		14		15		16	
ALL TOWN OFFICES CLOSED IN OBSERVANCE OF COLUMBUS DAY		ANNUAL SENIOR FLU CLINIC 9:30 - 11:30		SHOPPING @ GEISSLERS'S 9:00		WALKING PROGRAM 9:30		SHOPPING @9:00AM CHRISTMAS TREE SHOPS	
		IN CONJUNCTION WITH THE VISITING NURSE & HEALTH SERVICES OF CT & THE EAST WINDSOR VISITING NURSES ASSOCIATION		A.C.T.I.V.E. CLASS 10:30 - 11:15		SPECIAL DIAL-A-RIDE TRIP TO THE GRAND OPENING OF THE WALGREENS PHARMACY - FREE REFRESHMENTS WILL BE SERVED 9:45 - 11:30		Wii LEAGUE BOWLING 10:00 - 12:00	
		SEASONAL VACCINE ONLY CAFÉ LUNCH ~ NOON		SEE REVERSE SIDE FOR MENU CAFÉ LUNCH ~ NOON		CAFÉ LUNCH ~ NOON		CAFÉ LUNCH ~ NOON	
				COFFEE HOUR WITH LAURA, DIRECTOR OF THE EAST WINDSOR SENIOR CENTER 1:00 - 2:00		SENIOR CLUB 1:00 - 3:00		Wii FIT 1:00 - 2:00	
19		20		21		22		23	
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00		CAFÉ LUNCH ~ NOON		SHOPPING @ GEISSLERS'S 9:00		MONTHLY SOCIAL WITH LIVE ENTERTAINMENT BY BOB MEL/HEALTH NET'S SENIOR STAR SEARCH COMPETITION		SHOPPING @ 9:00AM OCEAN STATE JOB LOT Wii LEAGUE BOWLING 10:00 - 12:00	
A.C.T.I.V.E. CLASS 10:30 - 11:15		FREE IN-HOUSE SEMINAR ON BREAST CANCER FROM ST. FRANCES HOSPITAL'S COMPREHENSIVE BREAST HEALTH CENTER 12:30 - 1:30		A.C.T.I.V.E. CLASS 10:30 - 11:15		FINAL PAYMENTS DUE FOR NOVEMBER TRIPS/SIGN UPS FOR DECEMBER TRIPS		CAFÉ LUNCH ~ NOON OUTREACH ASSISTANCE - FILE OF LIFE 12:30 - 1:30	
CAFÉ LUNCH ~ NOON				CAFÉ LUNCH ~ NOON					
WALKING PROGRAM 12:30				CHAIR YOGA 1:00 - 2:00					
OPEN COMPUTER TIME 12:30 - 2:30				SET UP FOR MONTHLY SOCIAL 1:00 - 3:00					
26		27		28		29		30	
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00		AARP DRIVER SAFETY PROGRAM 9:00 -12:00		SHOPPING @ GEISSLERS'S 9:00		WALKING PROGRAM 9:30		TOWN WIDE SCARECROW CONTEST JUDGING 10:00 - 11:30	
A.C.T.I.V.E. CLASS 10:30 - 11:15		~ SPECIAL DIAL-A-RIDE TRIP ~ AQUA TURF 10:00 - 3:45		AARP DRIVER SAFETY PROGRAM 9:00 -12:00		CAFÉ LUNCH ~ NOON		SPECIAL HALLOWEEN LUNCHEON SEE REVERSE SIDE FOR MENU CAFÉ LUNCH ~ NOON	
		FALL HARVEST CELEBRATION		A.C.T.I.V.E. CLASS 10:30 - 11:15		~ FREE IN-HOUSE SEMINAR ~ BEREAVEMENT SUPPORT PRESENTATION 12:30 - 1:30		Wii LEAGUE BOWLING 12:30 - 2:00	
CAFÉ LUNCH ~ NOON				CAFÉ LUNCH ~ NOON		"BEATING THE HOLIDAY BLUES"			
WALKING PROGRAM 12:30		CAFÉ LUNCH ~ NOON		AARP DRIVER SAFETY PROGRAM 12:30 - 2:00		SENIOR STAR SEARCH VOCAL COACHING 1:00PM		SCRABBLE CLUB 1:00 - 2:00	
OPEN COMPUTER TIME 12:30 - 2:30		AARP DRIVER SAFETY PROGRAM 12:30 - 2:00		CHAIR YOGA 1:00 - 2:00					